

Notes: For statistical analysis, I want at least THREE lifters in each class, so I use data from other competitions & add:

3 lifters in the 44kg class and

1 lifter in the 90kg class:

Add: Deborah Anderson (90-kg class; 85.8-kg bodyweight) – 315-kg total, listed as 278.01 Wilks per: http://usaplalaska.com/pdf/2012_AK_State_Championships.pdf

2012 USAPL Alaska State Powerlifting Championships – 3/24/201

For 3 lifters in the 44 class add these from this link: <http://www.usapowerlifting.com/newsletter/17/results/womens.html>

	S1	S2	S3	BP1	BP2	BP3	DL1	DL2	DL3	Total		
97 lb												
1	Ashely Robbins -O		120.0	137.5	-147.5	60.0	67.5	-72.5	117.5	132.5	-142.5	337.5
2	Tina Carder -O-T		110.0	122.5	127.5	60.0	-65.0	-65.0	117.5	127.5	135.0	322.5
3	Caitlin Miller -O-Y1		107.5	117.5	125.0	-60.0	60.0	62.5	125.0	132.5	-135.0	320.0

oops! The 97-lb 'new data point' lifters are stronger than those of the regular data points below – list top 3 finishers in next class or so from USA Powerlifting to make data 'consistent' LOL:

105 lb												
1	Jennifer Maile -O-T3		145.0	-155.0	155.0	85.0	92.5	-100.0	155.0	170.0	-185.0	417.5
2	Ann Leverett -O-M3		110.0	117.5	126.0	72.5	77.5	-82.5	137.5	142.5	148.0	350.0
3	Ashley Matherne -O-J		110.0	-122.5	-122.5	-75.0	75.0	80.0	130.0	140.0	150.0	340.0

114 lb												
1	Ashley Awalt - O-Jr		142.5	-155.0	155.0	85.0	95.0	-100.0	-150.0	-150.0	150.0	400.0
2	Leah Marietta - O-T3		112.5	125.0	132.5	62.5	67.5	70.0	120.0	137.5	-145.0	340.0
3	Desirae Arelliano - O-Jr		-107.5	-112.5	112.5	62.5	-70.0	70.0	137.5	147.5	-152.5	330.0

123 lb												
1	Carly Nogle - O-T2		135.0	150.0	153.0	77.5	-85.0	85.0	160.0	170.0	177.5	415.0
2	Codi Grubbs -O-Jr		145.0	-160.0	-160.0	80.0	82.5	-85.0	137.5	147.5	152.5	380.0
3	Alayna Cunningham - Jr		130.0	-140.0	-140.0	75.0	-85.0	-85.0	127.5	137.5	-142.5	342.5

132 lb												
1	Bettina Altizer-O-M1		182.5	-197.5	-197.5	127.5	135.0	140.0	160.0	170.0	-187.5	492.5
2	Angela Simmons-M1		115.0	-127.5	-127.5	-97.5	-97.5	97.5	127.5	137.5	142.5	355.0
3	Kate Dingle-Craig-M2		-125.0	125.0	-137.5	-75.0	75.0	-82.5	125.0	137.5	145.0	345.0

148 lb												
1	Priscilla Ribic -O		210.0	222.5	-230.0	117.5	130.0	137.5	210.0	228.5	240.0	600.0 4th DL: 245.0
2	Paula Houston -O-M1		160.0	170.0	-177.0	92.5	100.0	-105.0	165.0	175.0	-182.5	445.0
3	Jan Morello - Jr		170.0	177.5	-182.5	82.5	87.5	-92.5	165.0	175.0	180.0	445.0

165 lb												
1	Rebecca Phelps -O		192.5	210.0	217.5	115.0	130.0	-135.0	210.0	217.5	-222.5	565.0
2	Kimberly Walford - O		165.0	-177.5	182.5	107.5	-115.0	-117.5	212.5	-220.0		502.5
3	Kimmie Everett -O-Jr		190.0	202.5	207.5	-92.5	92.5	-105.0	180.0	190.0	195.0	495.0

181 lb												
1	Katie Ford - O-Jr		167.5	172.5	-182.5	97.5	107.5	112.5	170.0	182.5	-192.5	467.5
2	Malinda Baum -O-M1		142.5	-152.5	160.0	-87.5	87.5	92.5	157.5	175.0	-182.5	427.5
3	Margaret McLean -M2		-147.5	-147.5	147.5	70.0	77.5	-90.0	162.5	-177.5	177.5	402.5

198 lb												
1	Bonica Brown - O-T1		172.5	185.5	195.0	87.5	97.5	105.5	170.0	177.5	-185.0	477.5
2	Wendolynn Allen - O		165.0	175.0	-182.5	100.0	-107.5	-107.5	182.5	-195.0	-202.5	457.5
3	Domonique Calhoun - O		145.0	-155.0	155.0	92.5	100.0	-105.0	185.0	-195.0	-195.0	440.0

SHW

1	Liz Willet (BW: estimated @ 321.98183 or 326 or 330.6 to 336-lbs based on Internet search) - O	265.0	285.5	-292.5	175.0	-185.0	-185.0	205.0	-237.5	-237.5	665.0
2	Harriet Hall (BW: estimated @ 105.4 to 106.6 kg or 107.3-kg) -O-M4	215.0	232.5	237.5	137.5	-145.5	145.5	205.0	220.0	-230.0	602.5
3	Gracie Espericueta (BW: estimated @121.6 kg or 297.4-lbs)-T3	180.0	-197.5	-197.5	85.0	-95.0	-95.0	155.0	167.5	175.0	440.

Source: 2003 Women's National Championships, Jan 31 - Feb 1, Lincoln Nebraska

Also: Since I have 6 lifters in every class except 97-lb, go get 3 more:

1st data point: <http://ipapower.blogspot.com/2011/12/97-ipa-women-amateur-division-world.html>

97 lbs. Open - Total 530 Connie Newman 7/6/1996

2nd data point: http://www.petitepowerlifter.com/profile_pl.htm

Best competition lifts in the 97 lb. class (lbs.): Total: 740 (4/2006 - this total was achieved after training deadlifts and squats for only three years)

3rd data point: <http://www.usapowerlifting.com/results/1997/womenresults97.shtml>

Wt Class Division BWT SQ BP DL Total Place

97 lbs.
Judith Gedney Open 97.00 242.51 143.30 281.09 666.90 1

USAPL Raw Nationals

Scranton PA

Aug 19-21, 2011

Name	Birth Year	Div	Body Wt	SQ1	SQ2	SQ3	New Records	Best SQ	BP1	BP2	BP3	New Records	Best BPSUB	DL1	DL2	DL3	New Records	Best DL Total	Place	Team	Wilks Total	Watts Total	Watts-3D Total	
48kg																								
Kristi Polizzano	1992	O	47.7	85	92.5	95		95	60	-67.5	-67.5		60	155	110	115	-120		115	270	1	CONCRT	359.235	
Katia L.Porrette	1974	O	47.5	87.5	-97.5	-97.5		87.5	-60	-60	60		60	147.5	95	107.5	117.5		117.5	265	2	NY	353.669	
Dana McMahan	1974	O	45.6	-80	80	-80		80	40	-42.5	42.5		42.5	122.5	77.5	85	-92.5		85	207.5	3	KY	285.126	
Kristi Polizzano (T3)	1992	T3	47.7	85	92.5	95	O N-T3 A-O A-T3	95	60	-67.5	-67.5	N-T3 A-T3	60	155	110	115	-120		115	270	1	CONCRT	359.235	

52kg

Sioux-z Hartwig- Gary	1968 O	51.5	127.5	137.5	145	O A-O A-M1a	145	72.5	77.5	82.5	O A-O A-M1a	82.5	227.5	132.5	142.5	-150	O	142.5	370	1	SSPT	464.72
Colleen McNamar a	1981 O	51.2	90	97.5	102.5	O N-O	102.5	60	65	67.5		67.5	170	110	120	127.5		127.5	297.5	2	SSPT	375.326
Debra Ustar	1955 M2b	50.8	62.5	-70	-70		62.5	40	42.5	-45		42.5	105	110	115	120	A-M2b	120	225	1	OH	285.57
56kg																						
Amanda Padgett	1987 O	52.8	92.5	102.5	107.5		107.5	52.5	-60	-60		52.5	160	132.5	142.5	150	O N-O	150	310	1	CRLNA	381.92
Lucia A. Garcia	1982 O	55.7	80	85	90		90	65	70	72.5		72.5	162.5	132.5	140	147.5	O N-O	147.5	310	2	LA	366.296
Gina St. Clair	1975 O	55.1	77.5	85	-90		85	72.5	80	-82.5		80	165	117.5	130	-140		130	295	3	CRLNA	351.522
Theresa Jesinger	1981 O	52.8	80	87.5	-92.5		87.5	45	57.5	60		60	147.5	110	120	-127.5		120	267.5	4	NJ	329.56
Rachel Warpeha	1984 O	55.1	80	85	-90		85	57.5	-62.5	62.5		62.5	147.5	85	100	110		110	257.5	5	MN	306.837
Brittany Wehman	1991 O	54.1	75	77.5	82.5		82.5	57.5	60	62.5		62.5	145	100	102.5	-105		102.5	247.5	6	NJ	299.178
Susan Kwasny	1976 O	55.5	75	-80	80		80	40	-42.5	-42.5		40	120	97.5	105	107.5		107.5	227.5	7	KY	269.565
Marlene Eveland	1964 O	55.7	60	70	-77.5		70	45	-50	-50		45	115	82.5	95	107.5		107.5	222.5	8	PA	262.906
Brittany Wehman (T3)	1991 T3	54.1	75	77.5	82.5		82.5	57.5	60	62.5	A-JR	62.5	145	100	102.5	-105		102.5	247.5	1	NJ	299.178
Marlene Eveland (M)	1964 M1b	55.7	60	70	-77.5		70	45	-50	-50		45	115	82.5	95	107.5		107.5	222.5	1	PA	262.906
60kg																						
Jennifer Thompson	1973 O	59.8	130	143	-145	O N-O A-O A- O	143	120	130	133	O N-O A-O A- O	133	276	160	182.5	190	O N-O A-O A- O	190	466	1	CRLNA	520.895
Melissa Erwin	1981 O	59.6	107.5	112.5	115		115	62.5	-67.5	-67.5		62.5	177.5	145	157.5	-162.5		157.5	335	2	NY	375.435

Cristina Escalante	1986	O	59.6	115	-120	-122.5		115	67.5	70	-72.5		70	185	-132.5	132.5	137.5		137.5	322.5	3	FL	361.426
Jessica Kratz	1972	O	59.4	97.5	-110	-110		97.5	57.5	67.5	-70		67.5	165	130	140	145		145	310	4	PA	348.316
Laura McGill	1991	O	57.9	100	112.5	-117.5		112.5	42.5	50	-52.5		50	162.5	117.5	132.5	142.5		142.5	305	6	TX	349.621
Susan Stephens	1968	O	57.9	97.5	-100	105		105	57.5	60	62.5		62.5	167.5	127.5	132.5	137.5	N-M1a A-M1a	137.5	305	5	MD	349.621
Laura Monroe	1982	O	59.8	85	87.5	90		90	57.5	62.5	65		65	155	125	130	132.5		132.5	287.5	7	NY	321.367
Sarah Cahill	1981	O	58.5	-80	-80	80		80	57.5	60	-65		60	140	127.5	135	137.5		137.5	277.5	8	CONCRT	315.545
Kimberly Delaney	1986	O	58.3	82.5	92.5	-100		92.5	45	-52.5	-52.5		45	137.5	125	135	137.5		137.5	275	9	NY	313.528
Laura McGill (Jr)	1991	JR	57.9	100	112.5	-117.5		112.5	42.5	50	-52.5		50	162.5	117.5	132.5	142.5		142.5	305	1	TX	349.621
Susan Stephens (M)	1968	M1a	57.9	97.5	-100	105	N-M1a A-M1a	105	57.5	60	62.5	N-M1a A-M1a	62.5	167.5	127.5	132.5	137.5	N-M1a A-M1a	137.5	305	1	MD	349.621
Gayle Prebis	1963	M1b	59.2	57.5	-67.5	67.5		67.5	40	42.5	-45		42.5	110	87.5	100	-107.5		100	210	1	OH	236.586
Sylvia Bahr	1955	M2b	56.9	42.5	50	55		55	32.5	-37.5	37.5		37.5	92.5	80	85	90		90	182.5	1	OH	212.065
Helen White	1945	M3b	58.4	70	77.5	80	A-M3b	80	55	-57.5	-57.5	A-M3b	55	135	85	95	97.5		97.5	232.5	1	NJ	264.724
67.5kg																							
Kimberly C. Walford	1978	O	62.4	115	120	132.5	O N-O A-O A-O O	132.5	85	92.5	-110	O N-O A-O A-O O	92.5	225	190	205	215	O N-O A-O A-O O	215	440	1	TITAN	475.992
Wendy Catherine Hajik	1983	O	65.2	127.5	135	-142.5	O N-O A-O A-O O	135	57.5	62.5	65		65	200	145	150	157.5		157.5	357.5	2	NY	374.195
Jill Joiner-Wong	1969	O	66.3	105	117.5	127.5		127.5	65	-72.5	72.5		72.5	200	120	135	140		140	340	3	WA	351.526
Amy Welcome	1986	O	66.2	105	-112.5	112.5	O N-O A-O A-O O	112.5	57.5	60	62.5		62.5	175	140	152.5	160		160	335	4	CONCRT	346.758
Patricia	1977	O	66.2	135	-140	-145	O N-O	140	45	50	-52.5		50	190	-140	140	-150		140	330	5	GRG INK	341.583

Lee Maizels						A-O A-O																
Chelsea Wrenn	1989 O	66.4	102.5	112.5	118		118	60	-67.5	-67.5		60	178	125	140	147.5		147.5	325.5	6	TX	336.176
Lauren Mitchell	1986 O	65.3	110	120	-125	O N-O A-O A-O	120	70	75	77.5		77.5	197.5	110	120	125		125	322.5	7	TITAN	337.174
Jessica Stroup	1983 O	66.7	90	100	-107.5		100	67.5	77.5	-80		77.5	177.5	132.5	142.5	145		145	322.5	8	PA	331.981
Jennifer Varner	1983 O	62.5	102.5	107.5	115	O N-O A-O A-O	115	57.5	60	-65		60	175	132.5	137.5	142.5		142.5	317.5	9	MI	343.059
Caryn Daniel	1963 O	66.7	82.5	92.5	97.5		97.5	55	60	-62.5		60	157.5	102.5	112.5	-117.5		112.5	270	10	MD	277.938
Jillian Ramirez	1985 O	63.2	-117.5	-117.5	-117.5		0	75	-77.5	-77.5		75	0	137.5	150	-165		150	0		OH	0
Judith (Judy) Drenth	1958 O	65.8	-85	-85	-85		0	57.5	62.5	-67.5		62.5	0	112.5	120	-127.5		120	0		MN	0
Heather Crocker	1988 JR	63.5	107.5	115	-120	O A-O A-JR	115	62.5	67.5	-72.5	A-JR	67.5	182.5	160	170	-182.5	O A-O A-JR	170	352.5	1	CONCRT	376.329
Tierney Wallace	1988 JR	66.1	100	107.5	115.5	O A-O A-JR	115.5	55	-60	-60		55	170.5	140	150	155	A-JR	155	325.5	2	NY	337.283
Chelsea Wrenn (Jr)	1989 JR	66.4	102.5	112.5	118		118	60	-67.5	-67.5		60	178	125	140	147.5		147.5	325.5	3	TX	336.176
Vanessa Gale	1988 JR	66.9	102.5	110	117.5	O A-O A-JR	117.5	55	60	62.5	A-JR	62.5	180	130	-140	-140	A-JR	130	310	4	SSPT	318.432
BilliJo Brown	1988 JR	64	100	107.5	-110	O A-JR	107.5	50	-55	-55		50	157.5	102.5	110	120		120	277.5	5	NY	294.511
Emily Moin	1987 JR	65.1	60	70	80		80	37.5	42.5	-47.5		42.5	122.5	80	92.5	105		105	227.5	6	NY	238.397
Jill Joiner-Wong (M1)	1969 M1a	66.3	105	117.5	127.5	O N-M1a A-O A-M1a	127.5	65	-72.5	72.5	N-M1a A-M1a	72.5	200	120	135	140	N-M1a A-M1a	140	340	1	WA	351.526
Gail Sherman	1971 M1a	64.1	-97.5	97.5	-105	N-M1a A-M1a	97.5	52.5	-55	-55	N-M1a	52.5	150	120	127.5	135	N-M1a A-M1a	135	285	2	NY	302.128
Luann Kuznicki	1965 M1b	60.3	80	90	-102.5		90	62.5	67.5	-75	N-M1b A-M1b	67.5	157.5	135	140	-152.5	N-M1b A-M1b	140	297.5	1	MI	330.403
Caryn Daniel	1963 M1b	66.7	82.5	92.5	97.5	N-M1b A-M1b	97.5	55	60	-62.5		60	157.5	102.5	112.5	-117.5		112.5	270	2	MD	277.938

Sabrina Davis (M1)	1970	M1a	71.2	112.5	122.5	-140	N-M1a A-M1a	122.5	60	75	-77.5	75	197.5	172.5	-190	-190	N-M1a A-M1a	172.5	370	1	TITAN	363.858	
Lisa McAdams	1958	M2a	73.7	95	97.5	-102.5		97.5	47.5	-52.5	-52.5	47.5	145	137.5	145	-147.5	N-M2a	145	290	1	TX	278.777	
Lori Couvillion (M2)	1956	M2b	73.5	70	85	-92.5		85	40	45	-47.5	45	130	85	100	-107.5		100	230	1	NC	221.467	
Sharon S. Hernstadt	1939	M3c	70.4	-52.5	-52.5	52.5		52.5	40	-42.5	-42.5	40	92.5	100	105	-107.5		105	197.5	1	NY	195.722	
82.5kg																							
Tammy Walker	1968	O	82.1	110	115	-122.5		115	102.5	105	-107.5	105	220	137.5	145	152.5		152.5	372.5	1	NC	336.107	
Tammy Walker (M1)	1968	M1a	82.1	110	115	-122.5		115	102.5	105	-107.5	O A-O A-M1a	105	220	137.5	145	152.5	O A- M1a	152.5	372.5	1	NC	336.107
Maureen Tierney	1965	M1b	78.2	65	72.5	80		80	37.5	42.5	-47.5	42.5	122.5	100	110	117.5		117.5	240	1	NJ	222.456	
Patricia (Pat) Kroken	1947	M3a	81.3	70	75	-82.5		75	37.5	-40	-40	37.5	112.5	102.5	110	-115		110	222.5	1	NM	201.808	
90kg																							
Melissa Steere	1970	O	88	122.5	137.5	-152.5	A-M1a	137.5	90	-95	-97.5	90	227.5	145	162.5	165	A-M1a	165	392.5	1	NY	342.417	
Jessica Borrelli	1979	O	89.1	107.5	-125	140		140	70	-77.5	-77.5	70	210	142.5	-165	-165		142.5	352.5	2	WA	305.864	
90+kg																							
Chelsea Katherine Rebman	1989	O	93.5	152.5	162.5	172.5	O A-JR	172.5	70	-75	75	A-JR	75	247.5	147.5	160	170		170	417.5	1	PA	355.418
Jerriann Doll	1968	O	96.9	85	-100	-107.5		85	82.5	92.5	-95	92.5	177.5	142.5	150	162.5		162.5	340	2	OH	285.838	
Nancy M. Edelson (O)	1961	O	138.8	102.5	-125	-125	N-M2a	102.5	-50	55	60	60	162.5	-175	175	0	O N- M2a A- M2a	175	337.5	3	FL	262.879	
Jan	1954	O	97	85	-92.5	95		95	65	-72.5	-72.5	65	160	145	150	-152.5		150	310	4	OH	260.555	

Koenig

Kimberly Muhammad	1979	O	103.6	75	82.5	90		90	45	50	55		55	145	90	102.5	112.5		112.5	257.5	5	SSPT	212.309	
Stephanie Winchip	1996	T1	91.7	82.5	97.5	100	A-T1	100	-42.5	42.5	50		A-T1	50	150	112.5	122.5	-137.5	A-T1	122.5	272.5	1	NY	233.696
Jerriann Doll (M1)	1968	M1a	96.9	85	-100	-107.5	N-M1a	85	82.5	92.5	-95		O N- M1a A- M1a	92.5	177.5	142.5	150	162.5	N-M1a A-M1a	162.5	340	1	OH	285.838
Nancy M. Edelson	1961	M2a	138.8	102.5	-125	-125	N-M2a	102.5	-50	55	60			60	162.5	-175	175	0		175	337.5	1	FL	262.879
Jan Koenig (M2)	1954	M2b	97	85	-92.5	95		95	65	-72.5	-72.5			65	160	145	150	-152.5		150	310	1	OH	260.555